vegetarian times

Farmers' Market Favorites

10 recipes that make the most of fresh foods and seasonal bounties

Farmers' Market Favorites

Welcome to Vegetarian Paradise

Farmers' markets and roadside stands are overflowing with sun-kissed fruits and vegetables that turn even the simplest meals into spectacular celebrations. The following recipes make the most of these bounties in fast, flavor-packed ways that'll make you want to shop at farmers' markets all year long.

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Avocado Pico de Gallo "Cocktail"

Serves 6 (makes 4 cups)

30 minutes or fewer

Pico de gallo means "rooster's beak," because this chunky, relish-like salsa is traditionally eaten by "pecking" at it with your thumb and forefinger. A spoon works just as well.

INGREDIENTS

2 medium-size tomatoes, diced

1/3 cup chopped cilantro, plus 6 small sprigs for garnish

3 green onions, chopped (1/4 cup)

1 clove garlic, minced (1 tsp.)

1 small jalapeño, seeded and minced

1 medium-size avocado, peeled, pitted, and diced

1 15-oz. can hearts of palm, drained, thinly sliced

2 Tbs. fresh lime juice

1/4 tsp. salt

DIRECTIONS

1. Combine tomatoes, chopped cilantro, green onions, garlic, and jalapeño in medium bowl. Add avocado, hearts of palm, lime juice, and salt; gently toss to mix.

2. Spoon pico de gallo mixture into 6 martini glasses, and garnish with a sprig of cilantro.

PER SERVING: 79 CAL; 2 G PROT; 5 G TOTAL FAT; 8 G CARB.; 308 MG SOD.; 4 G FIBER; 2 G SUGARS

SHOPPING LIST

- ☐ 2 medium tomatoes
- ☐ 1 bunch fresh cilantro
- ☐ 1 small jalapeño pepper
- ☐ 1 bunch green onions
- ☐ 1 clove garlic
- ☐ 1 medium avocado
- ☐ 1 15-oz. can hearts of palm
- ☐ 1 lime

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Edible flowers are an irresistible way to turn fresh salads into party food. Purchase prepicked, certified edible flowers at well-stocked supermarkets, or grab some pansies, marigolds, or nasturtiums from your garden (these are all edible and have a slightly peppery flavor that's great in salads). Serve with toasted cheese squares and chilled lemon tea.

Fruit-and-Flower Salad

Serves 6

30 minutes or fewer

INGREDIENTS

1/2 cantaloupe, cut into cubes

1 cup fresh pineapple cubes

1/2 pint fresh blackberries

1/2 pint fresh raspberries

1 banana, peeled and thinly sliced

1 cup seedless green grapes

1 mango, peeled and cubed

4 oz. part-skim Swiss-style cheese, diced

2 Tbs. rose water, or more to taste

1 cup plain nonfat yogurt

4 Tbs. mango chutney, or to taste

1/2 cup sliced almonds, toasted

1 cup edible flowers

DIRECTIONS

Combine fruits and cheese in bowl. Sprinkle with rose water; toss. Blend yogurt and chutney, and pour over salad; toss, if desired. To serve, spoon portions onto individual plates, and garnish with almonds and flowers.

PER SERVING: 250 CAL; 12 G PROT; 7 G TOTAL FAT (2 SAT. FAT); 37 G CARB.; 10 MG CHOL; 135 MG SOD.; 6 G FIBER; 28 G SUGARS

SHOPPING LIST

- ☐ 1/2 cantaloupe
- ☐ 1 cup pineapple
- ☐ 1 banana
- ☐ 1 mango
- ☐ 1/2 pint fresh blackberries
- ☐ 1/2 pint fresh raspberries
- ☐ 1 cup seedless green grapes
- ☐ 4 oz. part-skim Swiss-style cheese
- ☐ 1 tbs. rose water
- ☐ 1 cup plain nonfat yogurt
- ☐ 4 tbs. mango chutney
- ☐ 1/2 cup sliced almonds
- ☐ 1 cup edible flowers

The next time you fire up the grill, throw on the vegetables to make this luscious pasta salad. You can serve it with your cookout, or save it for a meal the next day—it tastes even better when the flavors have had a chance to develop.

SHOPPING LIST

- ☐ rotini pasta
- ☐ olive oil
- ☐ red wine vinegar
- ☐ 2 cloves garlic
- ☐ 1 cup cherry tomatoes
- ☐ 2 medium zucchini
- ☐ 1 red bell pepper
- ☐ 1 bunch green onions
- ☐ 1 cup pitted kalamata olives
- ☐ fresh oregano
- ☐ fresh basil

Summer Pasta Salad with Grilled Vegetables

Serves 8

INGREDIENTS

8 oz. rotini, shells, or other short pasta

3 Tbs. olive oil, divided

2 Tbs. red wine vinegar

2 cloves garlic, minced (2 tsp.)

1 cup cherry tomatoes

2 medium-size zucchini, cut lengthwise into quarters

1 red bell pepper, quartered and seeded

1 bunch scallions, trimmed

1 cup pitted kalamata olives

2 Tbs. chopped fresh oregano

2 Tbs. chopped fresh basil

DIRECTIONS

1. Prepare medium-hot charcoal fire, or preheat gas grill (or broiler).

2. Bring large pot of lightly salted water to a boil. Add pasta, and cook until al dente, about 7 minutes. Drain, and rinse thoroughly to cool. Transfer to large bowl, and toss with 1 Tbs. olive oil.

3. Whisk together remaining olive oil, vinegar, garlic, and salt and pepper to taste in 9 x 13-inch baking dish. Add tomatoes, zucchini, red pepper, and scallions, and toss to coat with oil mixture. Thread cherry tomatoes on presoaked wooden skewers.

4. Transfer zucchini and pepper to grill rack. Grill, turning occasionally, about 3 minutes. Add tomatoes and scallions to grill rack, and cook until all vegetables are tender and grill-marked, 2 to 4 minutes more. Remove from grill, and let stand until cool enough to handle.

5. Chop zucchini, pepper, and scallions coarsely, and add vegetables to pasta. Slide tomatoes off skewers onto pasta. Add remaining marinade, olives and herbs, and toss well.

PER SERVING: 79 CAL; 2 G PROT; 5 G TOTAL FAT; 8 G CARB.; 308 MG SOD.; 4 G FIBER; 2 G SUGARS

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An ice-cold smoothie is a great way to start a hot day—healthful, filling, and chock-full of vitamins and minerals. With this one smoothie base, you can make countless variations, including the four below. For thicker smoothies, add more ice cubes.

Soy Smoothies

Serves 2

30 minutes or fewer

SOY SMOOTHIE BASE

1 banana

1/2 cup soft silken tofu (4 oz.)

2 Tbs. maple syrup or honey

6 ice cubes

DIRECTIONS

Place banana, tofu, maple syrup, and ice in blender with one of the ingredient combinations below, and process until smooth. Pour into 2 glasses, and serve.

Quick & Easy: Add 1 cup fruit juice of choice and 1/2 cup fresh or frozen fruit.
Bright-Eyed & Berry-Laced: Add 1 cup pomegranate-blueberry juice and 1/2 cup frozen strawberries.
Razzle-Dazzle Raspberry: Add 1 cup orange juice, 1/2 cup frozen raspberries, and 2 tsp. lime juice.
Tropical Treat: Add 3/4 cup mango juice, 1/2 cup frozen peaches, 1/4 cup mango sorbet and 2 Tbs. lime juice.
Crantastic Creation: Omit syrup from base and add 3/4 cup cranberry juice, 1/2 cup frozen cranberries, and 1/4 cup plus 2 Tbs. cranberry concentrate.

PER SERVING (QUICK & EASY SMOOTHIE): 220 CAL; 6 G PROT; 2 G TOTAL FAT; 46 G CARB.; 15 MG SOD.; 2 G FIBER; 34 G SUGARS

SHOPPING LIST

- ☐ 1 banana
- ☐ 4 oz. soft silken tofu
- ☐ maple syrup or honey
- ☐ 1 cup fruit juice

Quick & Easy: fruit juice of choice, fresh or frozen fruit

Bright-Eyed & Berry-Laced: pomegranate-blueberry juice, frozen strawberries

Razzle-Dazzle Raspberry: orange juice, frozen raspberries, lime juice.

Tropical Treat: mango juice, frozen peaches, mango sorbet, lime juice

Crantastic Creation: cranberry juice, frozen cranberries, cranberry concentrate

Farmers' Market Favorites

Fresh Fruit Yogurt Pops

Serves 8

These homemade popsicles will satisfy the kids at heart while answering "adult" concerns over health and calories. Corn syrup keeps these super-simple treats from developing ice crystals or freezing into blocks. Feel free to play around with fruit combinations.

INGREDIENTS

2 cups low-fat vanilla yogurt
1 tsp. vanilla extract
1 Tbs. fresh lemon juice
1/4 cup corn syrup
2 cups fresh fruit, such as raspberries, pitted cherries, etc.

DIRECTIONS

1. Place yogurt, vanilla, lemon juice, corn syrup, and 1 cup fruit in blender or food processor, and purée until smooth. Add remaining fruit, and pulse 3 or 4 times, or until fruit is broken into small pieces.

2. Pour mixture into 8 1/2-cup frozen-pop molds. Place top on mold; insert wooden sticks. Freeze at least 4 hours.

PER SERVING: 100 CAL; 3 G PROT; 1 G TOTAL FAT (0.5 G SAT. FAT); 21 G CARB; 5 MG CHOL; 55 MG SOD; 1 G FIBER; 19 G SUGARS

SHOPPING LIST

- ☐ 2 cups low-fat vanilla yogurt
- ☐ vanilla extract
- ☐ 1 fresh lemon
- ☐ corn syrup
- ☐ 2 cups fresh fruit, such as raspberries, pitted cherries, etc.

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The rice paper wrappers for these Vietnamese-style summer rolls can be found in any Asian grocery store. Once you've mastered making the rolls—which is as simple as rolling a burrito—you can fill them with anything from shredded vegetables to seasoned tofu. They make an elegant, refreshing starter and can be a fun activity for guests when you get them to help assemble.

SHOPPING LIST

- ☐ low-sodium soy sauce
- ☐ rice wine vinegar
- ☐ sesame oil
- ☐ sambal oelek
- ☐ 32 sugar snap peas
- ☐ 1 carrot
- ☐ 8 scallions
- ☐ 8 oz. rice vermicelli
- ☐ 1 lime
- ☐ 2 Tbs. sesame seeds
- ☐ white pepper
- ☐ 8 rice paper wrappers
- ☐ 40 fresh mint leaves

Sugar Snap Pea Summer Rolls

Serves 8

DIPPING SAUCE

1/4 cup low-sodium soy sauce
1/4 cup rice wine vinegar
1/4 cup water
2 tsp. sesame oil
1 tsp. sambal oelek

SUMMER ROLLS

32 sugar snap peas (12 oz.)
1 carrot
8 scallions
8 oz. rice vermicelli
1 tsp. lime juice
2 Tbs. toasted sesame seeds
1/2 tsp. salt
1/4 tsp. white pepper
8 rice paper wrappers
32 fresh mint leaves plus extras

DIRECTIONS

1. To make Dipping Sauce: Whisk all ingredients together in small bowl.

2. To make Summer Rolls: Bring pot of salted water to a boil. Cook snap peas 2 minutes. Drain, and immediately plunge into cold water. Peel carrot into about 40 long, thin strips. Wash and trim scallions to 3 inches long.

3. Place rice vermicelli in large bowl, and pour boiling water over to cover; let stand 3 minutes. Drain, and rinse with cold water. Return noodles to bowl, and stir in lime juice, sesame seeds, salt, and pepper.

4. Place one rice paper wrapper on clean work surface. Dip clean dish towel in cold water, and moisten wrapper on both sides to soften, making sure to wet edges well. When soft, place 4 mint leaves in line down center. Top with 1/4 cup noodle mixture, placing it in log shape and leaving about 1 inch of space on each side. Set 4 cooked sugar snap peas on top of noodles. Place scallion on top, and scatter with 4 or 5 carrot strips.

5. To close roll, gently lift top edge of rice paper wrapper from work surface, and roll it tightly once over filling. Carefully fold in both sides over filling, and roll wrapper toward you tightly to seal. Repeat with remaining wrappers and filling ingredients. If not eating immediately, chill well. Serve with dipping sauce and extra mint leaves.

PER SERVING: 190 CAL; 6 G PROT; 2 G TOTAL FAT; 35 G CARB.; 370 MG SOD.; 2 G FIBER; 3 G SUGARS

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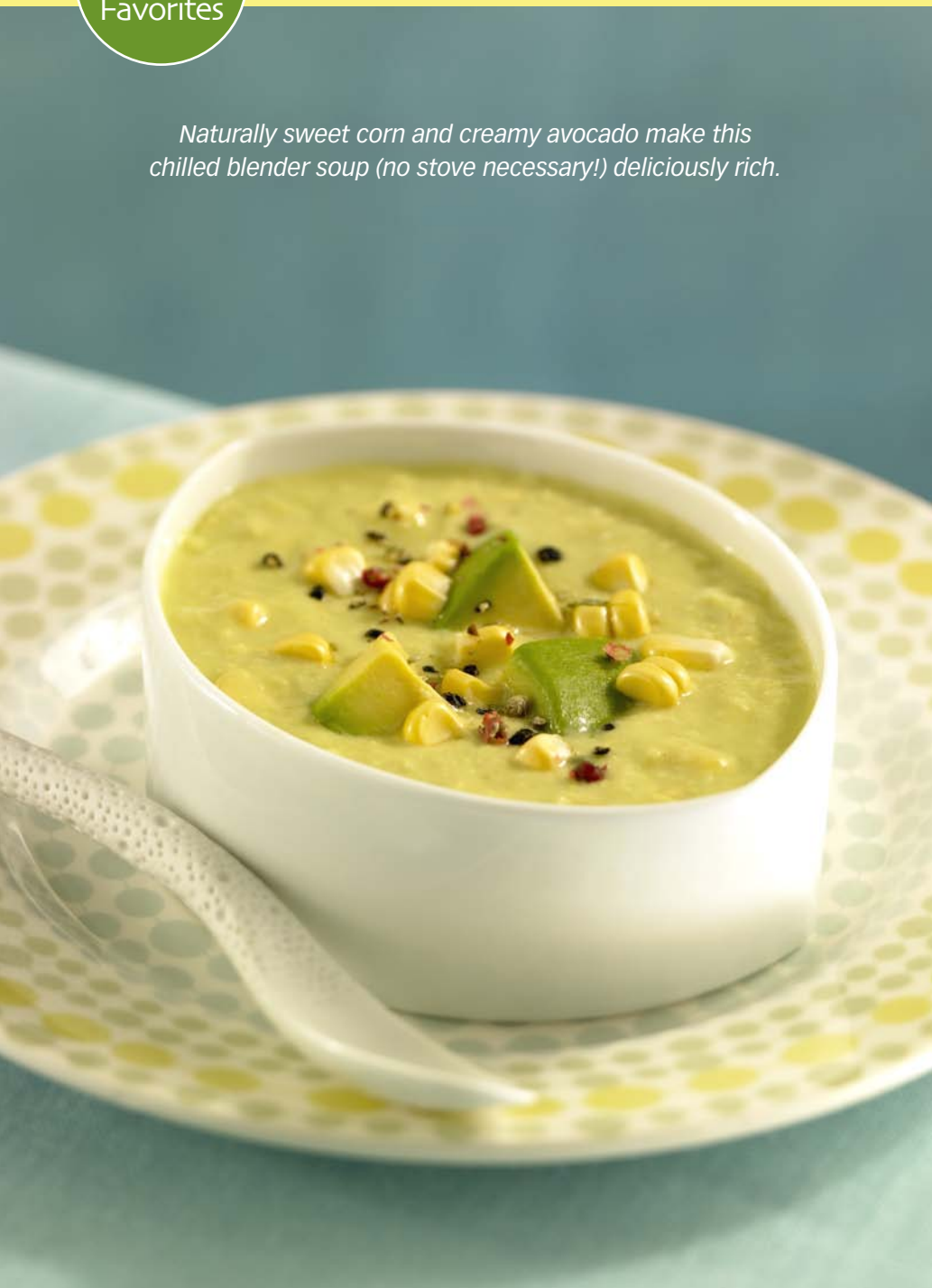
Naturally sweet corn and creamy avocado make this chilled blender soup (no stove necessary!) deliciously rich.



Chilled Corn Chowder

Serves 4

30 minutes or fewer

INGREDIENTS

2 1/2 cups almond milk
2 1/2 cups raw corn kernels (5 ears) , divided
1 small avocado, peeled and diced (1 cup), divided
1/2 tsp. salt
cracked black pepper to taste

DIRECTIONS

Purée almond milk, 2 cups corn kernels, 3/4 cup avocado, and salt in blender until smooth. Ladle into bowls, garnish with remaining corn and avocado, and sprinkle with cracked black pepper.

PER SERVING: 352 CAL; 9 G PROT; 16 G TOTAL FAT; 52 G CARB.; 807 MG SOD.; 11 G FIBER; 15 G SUGARS

SHOPPING LIST

- ☐ 2-1/2 cups almond milk
- ☐ 5 ears fresh corn
- ☐ 1 small avocado
- ☐ cracked black pepper

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This quick pasta dish makes the most of two farmers' market favorites—tomatoes and corn.

Smoky Penne with Corn and Cherry Tomatoes

Serves 4

30 minutes or fewer

INGREDIENTS

2 oz. penne pasta
1 dried chipotle chile, soaked in hot water 10 minutes,
or 1 chile from 4-oz. can chipotle peppers in adobo sauce
2 Tbs. olive oil, divided
2 cloves garlic, minced (2 tsp.)
1 4-oz. log goat cheese, plus more for crumbling, if desired
1/3 cup chopped cilantro
2 cups halved cherry tomatoes
2 cups fresh corn kernels (2 ears)

DIRECTIONS

1. Cook pasta according to package directions.

2. Meanwhile, remove seeds from chipotle chile and finely chop. Heat 1 Tbs. oil in skillet over medium-low heat. Add chile and garlic, and sauté 1 minute, or until fragrant. Stir in goat cheese and 1/3 cup water, and cook 2 to 3 minutes, or until smooth sauce forms, stirring constantly. Simmer 2 minutes more, then remove from heat and add cilantro and remaining 1 Tbs. oil.

3. Drain pasta, and return to pot. Add tomatoes, corn, and cheese sauce. Season with salt and pepper. Toss in extra goat cheese crumbles, if desired.

PER SERVING: 527 CAL; 19 G PROT; 15 G TOTAL FAT; 79 G CARB.; 411 MG SOD.; 4 G FIBER; 8 G SUGARS

SHOPPING LIST

- ☐ 2 oz. penne pasta
- ☐ 2 tbs. olive oil
- ☐ 2 cloves garlic
- ☐ 1 bunch cilantro
- ☐ 1 dried chipotle chile or canned chile in adobo sauce
- ☐ 1 4-oz. log goat cheese, plus more for crumbling, if desired
- ☐ 2 cups cherry tomatoes
- ☐ 2 ears fresh corn

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Think all potatoes taste the same? Then you probably haven't tried thin, nutty fingerlings or round, robustly flavored purple potatoes, two varieties favored by organic farmers because they are resistant to disease. This potato salad is hearty enough for a main course when served on a bed of greens.

Warm Raclette Potato Salad

Serves 8

30 minutes or fewer

INGREDIENTS

1 lb. small fingerling, purple- and red-skinned potatoes
1 Tbs. Dijon-style mustard
1 Tbs. red wine vinegar
3 Tbs. olive oil
4 shallots, chopped (1/2 cup)
4 oz. raclette cheese, cut into cubes

DIRECTIONS

1. Place potatoes in large pot, and cover with salted water. Bring to a boil. Reduce heat to medium low, and cook 10 to 15 minutes, or until potatoes are tender. Drain.

2. Meanwhile, whisk together mustard and vinegar. Add oil, and whisk until smooth. Stir in shallots.

3. Cut potatoes into large cubes while still hot, using rubber gloves to protect your hands. Toss with dressing and cheese in large bowl, and serve.

PER SERVING: 155 CAL; 6 G PROT; 9 G TOTAL FAT (3 G SAT. FAT) ; 12 G CARB.; 16 MG CHOL; 149 MG SOD.; 1 G FIBER; 1 G SUGARS

SHOPPING LIST

- ☐ 1 lb. small fingerling, purple-, and red-skinned potatoes
- ☐ Dijon-style mustard
- ☐ red wine vinegar
- ☐ olive oil
- ☐ 4 shallots
- ☐ 4 oz. raclette cheese

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Fast, light, fresh…and an excellent way to make use of the bumper crop of zucchini and squash that hit farmers' markets and gardens in late summer. A vegetable peeler turns them into fettuccine-like ribbons that are so tender, they don't even need to be cooked.

Zucchini "Fettuccine" with Fresh Marinara

Serves 6

INGREDIENTS

1 1/2 lb. plum tomatoes, quartered
1 cup packed fresh basil leaves, chopped, plus sprigs for garnish
1/3 cup dry-packed sun-dried tomatoes, softened in warm water and chopped
1/4 cup extra virgin olive oil, divided
1 shallot, minced
Sea salt or kosher salt to taste
Freshly ground black pepper
8 oz. mixed summer squash (green and yellow), ends trimmed
1 orange bell pepper, halved and seeded
8 oz. soy or fresh mozzarella, diced
1 cup chopped walnuts
Grated regular or soy Parmesan cheese for garnish, optional
6 basil sprigs for garnish, optional

DIRECTIONS

1. Put tomatoes, basil, sun-dried tomatoes, 3 Tbs. oil, shallot, dash of salt and several grinds of pepper into food processor, and process until sauce resembles finely textured salsa.

2. Pare squash lengthwise on 4 sides into paper-thin slices, about 1-inch wide, using sharp vegetable peeler. Discard soft centers, or save for another use. Stack slices, and cut into 1/4-inch-wide "fettuccine" strips. Cut bell pepper into paper-thin strips.

3. Put "fettuccine" into bowl with mozzarella, walnuts, remaining 1 Tbs. oil, and salt to taste; toss gently. Pour sauce into 6 shallow bowls, and top with "fettuccine" mixture. Grind fresh pepper over each and, if using, top with Parmesan cheese and basil sprigs. Serve.

PER SERVING: 320 CAL; 16 G PROT; 26 G TOTAL FAT (2 G SAT. FAT) ; 14 G CARB.; 590 MG SOD.; 5 G FIBER; 7 G SUGARS

SHOPPING LIST

- ☐ 1 1/2 lb. plum tomatoes
- ☐ 1 cup fresh basil
- ☐ extra virgin olive oil
- ☐ 1 shallot
- ☐ 1/3 cup dry-packed sun-dried tomatoes
- ☐ sea salt or kosher salt
- ☐ 8 oz. mixed summer squash (green and yellow)
- ☐ 1 orange bell pepper
- ☐ 8 oz. soy or fresh mozzarella
- ☐ 1 cup chopped walnuts
- ☐ grated regular or soy Parmesan cheese optional)
- ☐ basil sprigs (optional)